

**17<sup>th</sup>- 19<sup>th</sup> November 2023**

**A weekend retreat with Ayyas Jitindriya and Jayasara**

**Venue: Kamalashila Tibetan Buddhist Centre, Tilba, NSW**

(Registration: Fri 2-3pm; Teachings start Fri 4pm; Retreat ends after lunch on Sunday, approx. 2pm)

## **Samatha-Vipassana (Calm & Insight)**



In this weekend retreat we will explore the practice of calm and insight within the framework of mindfulness, taught by the Buddha as a path to liberation.

The Buddha offered many teachings to help us calm the restless mind and gain a clear understanding of the nature of this mind-body experience, and the nature of reality as such.

Offering formal guided meditations as well as instructions for everyday life, we will show how samatha-vipassana can be engaged in all situations, bringing ever-deepening peace and freedom from stress and suffering.

This retreat will engage the practice of noble silence and include periods of group Q & A and discussion with the teachers.

To book, please go to: <https://www.drogmi.org/courses--events.html>

If you require further information not provided here, you can contact: [info@drogmi.org](mailto:info@drogmi.org)

***NB: All proceeds from this retreat will go to support Kamalashila Buddhist Centre, our host.***

### **Accommodations at Kamalashila Buddhist Centre (aka Drogmi Institute)**

Please be aware that the accommodations offered onsite at Kamalashila are rather rustic, either in caravans or dorm-style rooms. Being off-grid, the amenities are outside compost toilets and outside private showers (with hot water). This is reflected in the very reasonable cost for the onsite accommodation option on retreats.

However, if you wish to stay elsewhere, they offer an off-site option when booking, and there are plenty of holiday rentals in the area: Tilba, Wallaga Lake, & Mystery Bay are all within a 10 min drive from the centre; Bermagui\* is about 15 mins & Narooma about 20 mins away, so there are many options to choose from online.

(\*Please note that during a period of months from late 2023 to early 2024 Bermagui bridge is likely to be closed for repair work and so Bermagui will not be easily accessible for a time).